

Sheraton Dhaka introduces new menu at Yumi restaurant

Recently, chef Hiromi Yonekawa has been flown from Japan and appointed as the Head Chef of Yumi — the exclusive Japanese restaurant located at Level 27 of Sheraton Dhaka in Banani.

Chef Hiromi practices the Osaka style of cooking and has over 30 years of global experience with Japanese cuisine.

He is one of the first chefs to introduce Aburi Sushi – a type of smoked sushi. Recently, he has introduced an eclectic new menu at Yumi, which includes his signature dishes — Dynamic Spider Roll, Miso Katsu Chicken, and Smoked Aburi Sushi.

The new menu presents many contemporary Japanese dishes such as Sakana Tartare, Lobster Spicy Mayo, Gindara Saikyo-Yaki, and includes many new sushi, sashimi, and tempura made from the finest imported ingredients.

All the exotic fishes that are imported from abroad as ingredients, are vacuum packed and kept at -80° super freezer to ensure maximum freshness.

Curated by international Teppanyaki chef, Kharak Singh Ishant, the signature restaurant also offers Teppanyaki fine dining every night. 'Teppan' means iron plate and 'Yaki' translates to pan-fried or grilled and is often referred to as 'hibachi' outside of Japan. A Teppanyaki



meal features various courses of meat, seafood, and vegetables cooked on a large iron griddle that gives guests front row seats to the action, as chefs work their magic with ingredients and fire on the teppan.

Each Teppanyaki session lasts approximately 2 hours, where guests get entertained by chefs' teppan skills as they enjoy unlimited hot dishes from the grill. It

is a unique experience which is offered by no other 5-star hotel in Dhaka.

"Yumi represents true authentic Japanese taste in the most mesmerising setting in Bangladesh which is complemented by the best International chefs and well-trained service staffs. One must visit to enjoy this unparalleled experience," said Shakawat Hossain (Chief Executive Officer, Unique Hotel & Resorts PLC – owning company of Sheraton Dhaka and The Westin Dhaka).

Nestled at the highest point in Banani,



Yumi is a sophisticated Japanese izakaya which presents flavours that are true to the authentic taste in an exciting setting which takes the breath away with unobstructed panoramic views of the city from above.

The restaurant has 2 floors with a sitting capacity of 118 guests at a time. It is currently open every day for dinner from 6:30PM until 11:30PM and to dine one has to make reservations by calling +8801313709032.

Photo: Sazzad Ibne Sayed

Why go nuts: All the benefits you can reap

Consuming nuts as part of a healthy diet may be beneficial to health. Nuts are high in unsaturated fatty acids and other nutrients. They are also great as a snack because they are cheap, easy to store, and portable. One disadvantage of nuts is that some are high in calories, so portion control is essential.

However, choosing nuts over a less healthy snack may help you stick to a heart-healthy diet.

Nuts are widely praised for their delicious flavour and ease of preparation, but the flavour is not the only reason they are so popular. Scientists have long lauded the health benefits of including nuts in your daily diet.

There are numerous types of nuts. Raw mixed nuts typically include almonds, pistachios, cashews, walnuts, hazelnuts, etc. They are easy to find at almost any grocery store, and they are loaded with nutrients.

Health benefits

Nuts are a nutrient-dense food that contains the majority of the vitamins and minerals the body requires. They are a major source of alpha-lipoic acid (ALA), and omega-3 fatty acids that have a wide range of health benefits, from reducing rheumatoid arthritis to protecting against Alzheimer's and dementia.

Loss of weight

Nuts are mostly fats, which may seem counterintuitive for weight loss. However,

the fats in nuts are almost entirely unsaturated, which means they make you feel fuller, allowing you to eat less over time. According to studies, people who eat nuts frequently have a lower risk of gaining weight than those who eat nuts infrequently.

Heart disease prevention

Many studies have been conducted to demonstrate the beneficial effects of nuts on heart health. Eating nuts at least four times per week is linked to a lower risk of coronary heart disease and myocardial infarction.

Reduce cholesterol

Nuts also play an important role in cholesterol regulation. Experts discovered

a link between eating nuts at least a few times per week and lower LDL cholesterol and triglyceride levels in the body. Lower risk of stroke or cardiovascular disease is associated with improved cholesterol.

Nutrition

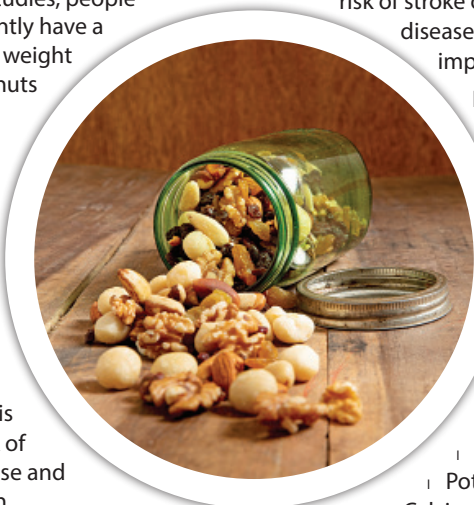
Nuts are high in vitamin E, which is a group of eight antioxidant compounds that help prevent cancer and osteoporosis.

Nuts are also great sources of:

- Folic acids
- Magnesium
- Potassium
- Calcium

• Phosphorous

Nuts are high in fibre, with almonds, hazelnuts, pistachios, and pecans among



the best. A high-fibre diet has been linked to a lower risk of a variety of chronic diseases, including heart disease and diabetes. Increasing your fibre intake can also help to support and regulate your digestive function.

Polyphenols in nuts also help to keep our guts healthy by feeding the good bacteria that live there. They do this by fuelling the bacteria, allowing them to grow and multiply. Certain bacteria, in turn, produce short-chain fatty acids, which have numerous benefits for both our gut and our overall health.

Despite being a healthy food for many people, tree nuts are one of the eight most common food allergens and can cause allergic reactions, including severe anaphylaxis. Cross-contamination is a particular concern for those who are allergic to nuts and necessitates extra caution when eating out.

LS Desk

Photo: Sazzad Ibne Sayed